SMALL GROUPS

STUDY SHEET

Spring Session Week 4

Sermon Title: Aligning Our Hearts with God | Sermon Text: Matthew 6:5-8 | Date: May 3, 2026

SERMON NOTES:

QUESTIONS:

1. What stood out to you from the sermon or your time with God this week?

2. Who did you learn to pray from or who shaped how you pray? What phrases do you notice when other people pray?

3. Read Matthew 6:5–6. Do you find yourself praying differently when you're with others than when you're alone? Why do you think that is?

4. Read Matthew 6:7-8. How easy or hard is it for you to believe that God hears your prayers? Do you ever feel like you need to do or say things to get His attention or interest?

5. Is it possible to pray confidently in public without performing? What makes it feel natural or unnatural for you?

CASE STUDY:

Jed: *"Guys, I'm still new to all this Jesus stuff, so please bear with me — but why do we pray if God already knows what we need? What's the point of telling Him things He already knows?"*

Lila: *"I think part of it is just that God tells us to — it's a command. We're always worshipping something. When I'm sad and I'm not taking it to God, I'm taking it somewhere else — a friend, food, the gym, whatever. Same when I'm angry. It's not really 'pray or don't pray' — it's 'talk to God, or talk to my idols.'"*

Everest: *"I also think that God knowing isn't the same as you asking. Jesus didn't heal people who didn't come to Him. It took something in them — some boldness, some hope, some faith — to approach Jesus and ask to be healed. Hebrews 11:6 says God 'is a rewarder of those who diligently seek Him.' And James says, 'the one who doubts should not expect to receive anything from the Lord' (James 1:6-7). The asking matters."*

Bo: *"Yea, but God does so much I never asked for — He blesses me 'more than I ask or imagine' (Ephesians 3:20)! I think prayer is talked about like some kinda 'spiritual internet' — passing information back and forth between heaven and earth — but it's not. Prayer is really about presence. I'm spending time with God, we celebrate together and cry together. I'm aligning my heart to God's heart. It's like Jesus prays, 'not my will but yours be done' (Luke 22:42) and we come to find just how good His will is."*

Elle: *"I keep thinking about this from a parenting angle. Everest and I have a 3-year-old who's in the 'pointing phase' — if she wants more grapes, she points at the bowl and makes noises. If she wants to be picked up, her little arms shoot in the air. And we know exactly what she needs, but part of growing up is learning to use your words. Maybe sometimes we're just pointing and saying gibberish to God! But that's how I've been thinking about prayer — I'm learning to voice myself to Him. He already knows me; He doesn't get confused when I say things backwards. But we're building up communication for a healthy, loving relationship with Him."*

What do you think? How would you respond to Jed?